



Big Chocolate Birthday Cake

READY IN



105 min.

SERVINGS



14

CALORIES



1073 kcal

DESSERT

Ingredients

- 2 teaspoons baking soda
- 4 sticks butter plus more for greasing
- 1 cup buttermilk
- 8 tablespoons cocoa for dusting plus more
- 4 cups flour all-purpose
- 3 cups heavy cream
- 0.5 teaspoon salt
- 24 ounces bittersweet chocolate
- 4 cups sugar

- 2 teaspoons vanilla extract
- 2 cups water boiling
- 4 eggs whole beaten

Equipment

- bowl
- sauce pan
- oven
- mixing bowl
- hand mixer

Directions

- Watch how to make this recipe.
- For the cake: Preheat the oven to 350 degrees F. Heavily grease and dust with cocoa four 9-inch round cake pans.
- In a mixing bowl, combine the flour, sugar and salt.
- In a saucepan, melt the butter.
- Add the cocoa. Stir together.
- Add the boiling water, allow the mixture to boil for 30 seconds and then turn off the heat.
- Pour over the flour mixture and stir lightly to cool.
- Combine the buttermilk, baking soda, vanilla and beaten eggs. Stir the buttermilk mixture into the butter/chocolate mixture.
- Divide the batter among the prepared cake pans and bake for 20 minutes.
- Cool completely before icing. Refrigerate the layers after cooling for best results.
- Heat the cream until very hot, and then pour over the chocolate pieces. Stir to completely melt, and then pour into the bowl of an electric mixer. Refrigerate to cool.
- Once completely cooled, add the vanilla and beat with an electric mixer until light and airy.
- Frost the cake in between each layer, on the top and around the sides.

Nutrition Facts



■ PROTEIN 4.06% ■ FAT 54.29% ■ CARBS 41.65%

Properties

Glycemic Index:16.15, Glycemic Load:59.88, Inflammation Score:-8, Nutrition Score:18.596521776655%

Flavonoids

Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg Epicatechin: 5.61mg, Epicatechin: 5.61mg, Epicatechin: 5.61mg, Epicatechin: 5.61mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 1073.04kcal (53.65%), Fat: 65.9g (101.39%), Saturated Fat: 40.04g (250.23%), Carbohydrates: 113.76g (37.92%), Net Carbohydrates: 107.86g (39.22%), Sugar: 77.48g (86.09%), Cholesterol: 178.61mg (59.54%), Sodium: 505.1mg (21.96%), Alcohol: 0.2g (100%), Alcohol %: 0.09% (100%), Caffeine: 48.37mg (16.12%), Protein: 11.08g (22.16%), Manganese: 1.01mg (50.28%), Copper: 0.8mg (39.75%), Vitamin A: 1676.99IU (33.54%), Selenium: 23.29µg (33.27%), Iron: 5.44mg (30.21%), Magnesium: 115.5mg (28.87%), Phosphorus: 262.73mg (26.27%), Vitamin B2: 0.41mg (24.25%), Fiber: 5.91g (23.64%), Vitamin B1: 0.32mg (21.54%), Folate: 76.05µg (19.01%), Zinc: 2.12mg (14.14%), Vitamin B3: 2.65mg (13.26%), Potassium: 455.9mg (13.03%), Vitamin E: 1.67mg (11.15%), Calcium: 109.01mg (10.9%), Vitamin D: 1.29µg (8.6%), Vitamin B5: 0.73mg (7.33%), Vitamin K: 7.66µg (7.29%), Vitamin B12: 0.41µg (6.91%), Vitamin B6: 0.08mg (4.11%)